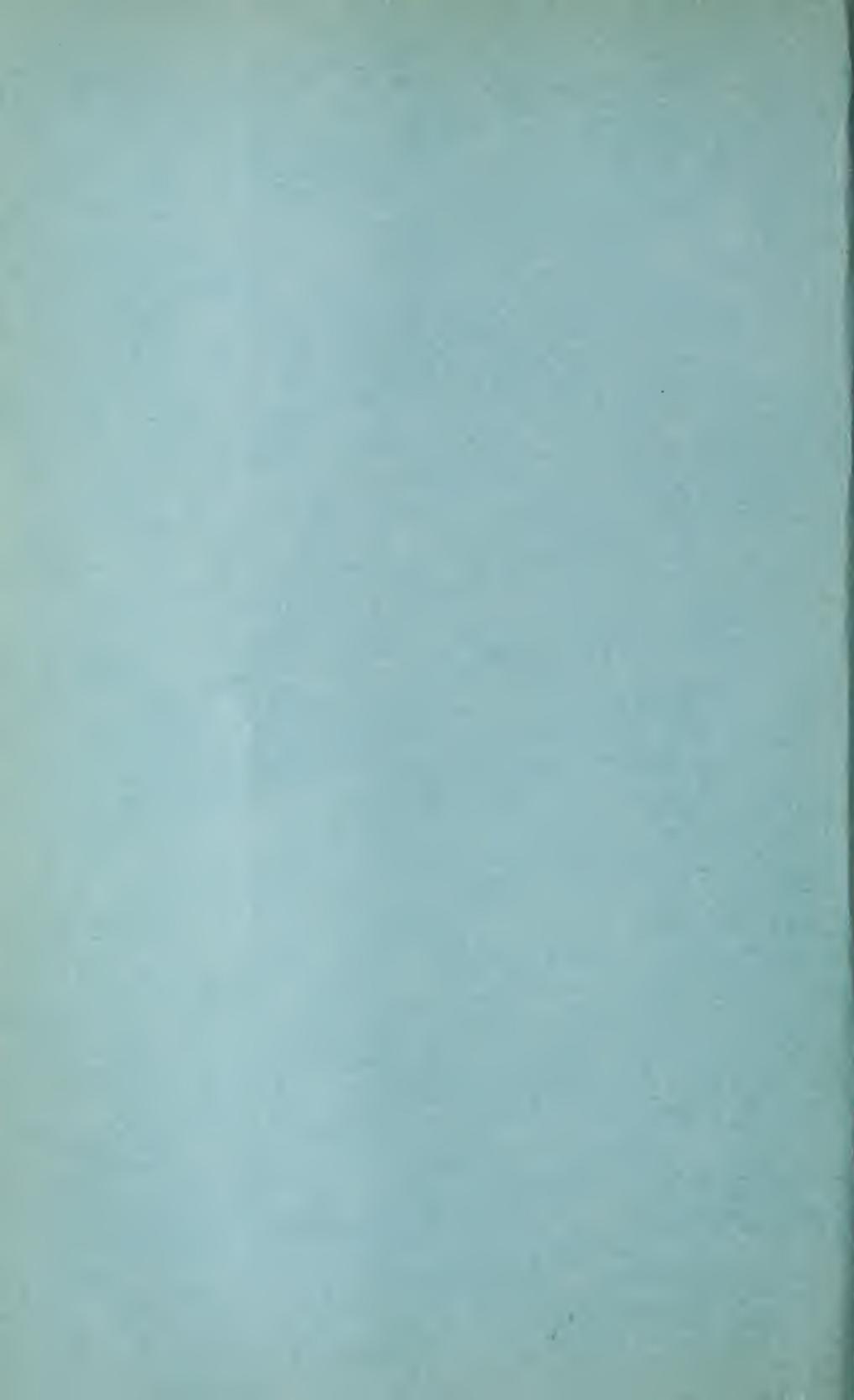


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DELICIOUS
PRODUCTS
OF THE

DAIRY



*Milk, sweet and pure, gives her the wealth
Of smiling face and perfect health*

J. C. McDowell
Dairy Division, Bureau of Animal Industry
United States Department of Agriculture
Department Circular 26

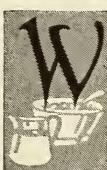


Milk Toast

*Let's put aside to-morrow's roast
And eat a meal of hot milk toast.
We'll make the toast of crusts you know,
And use more milk to make it go.
No waste to toast; we'll eat it all.
'Tis good for people, great and small.
Such simple food makes children grow,
And keeps the cost of living low.
Then let us dine on hot milk toast,
In every State, from coast to coast.
No one shall hunger, faint or fast,
So long as good milk toast shall last.
When we want more we'll promptly say
"Please pass the hot milk toast this way."*



Mush and Milk



WHAT has become of the old-time bowl of corn-meal mush and milk? It is an American dish—cheap, nourishing and palatable. We of the older generation loved it, and for economical and sentimental reasons we should now go back to it and take all America with us. Mush and milk is a whole meal in itself, easily and quickly prepared. When made of ripe Indian corn and of milk that is sweet and fresh, it appeals to the taste, satisfies the appetite, and gives to the body health, strength, and vitality. Its larger use everywhere would decrease living costs and add much to the joy of living.



A Toast to Milk

 DRINK MILK. Drink more milk. Pure, fresh, rich milk is a food fit for the gods. Babies can not live without milk, and growing children grow the faster for it. It gives vitality to youth, power to middle life, and to old age it brings a goodly portion of the health and strength of former years. It should be used more largely by people of all ages, classes, and conditions. Milk steadies the nerves and adds to the health, physical strength, and mental energy of those who use it. It excels coffee, and with it tea is not to be compared. We may drink it at meals and between meals. It is delicious, refreshing, invigorating. It is one of nature's best gifts to man. Come, let us have another glass of milk.



Whole Milk for Children

DON'T skim the milk for children. Let them have it with its cream. Clean, rich, fresh milk and plenty of it makes them grow. It gives them rosy cheeks, bright eyes, strong bodies, and good brains. Each child can readily use a quart a day. Refuse the children tea and coffee, but always give them milk. Encourage them to drink it. Put it on their cereals. Pour it on the toast. Make it into puddings. Mix it into custards. Stir it into soups. Yes, use milk, and use it freely. Economize in other ways, but don't economize on milk.

Bread and Milk



HAT sunburned child, when hours of play have made him tired and hungry, does not delight in a bowl of bread and milk? What student, whose brain is weary from long hours of constant study, does not desire a lunch of bread and milk? The overburdened house-wife, tired from her daily tasks, can quickly regain her strength by eating bread and milk. The man who labors with his hands, who works from early morn till night in the heat of the summer's sun, or who endures the winter's cold, can find no better refreshment for his tired body when the day's work is done than a supper that begins with bread and milk. After hours of mental strain in a down-town office where work and worry and the keenest competition are ever present, the man of business may renew his strength and vitality by a simple meal of bread and milk. Teachers, doctors, preachers—professional people of every sort—who bear the burdens of a busy, suffering world, may obtain relief from nervous strain by eating bread and milk. All who are weary and overburdened with work or worry may find life and strength and pleasure in a good, old-fashioned bowl of bread and milk.



We like Buttermilk

PURE, fresh, clean buttermilk is cooling, refreshing, satisfying. You loved it when a child on your father's farm, and you should love it still. It is an excellent food, good alike for old and young. Specially prepared milk, scientifically called "cultured milk," when properly made, is uniform in quality, excellent in flavor, and has all the qualities of good buttermilk. In many cases physicians recommend buttermilk to their patients with excellent results. Nearly everybody likes buttermilk. Those who do not are certainly unfortunate. For health and pleasure, few drinks excel pure, fresh, cold buttermilk. Such buttermilk is good at any time, but it is at its best on a sultry, summer day. In the cold of winter it may lose a little of its charm, but even so, it is delicious still.

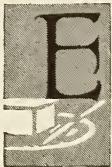


Ice Cream



ICE CREAM is beautiful in its rich, attractive colors, and tastes even better than it looks. Made of pure, wholesome, delicious cream and milk, and a little sugar, it is flavored to suit the taste. As a dessert it is unexcelled. As a food it ranks among the very best. We like it with cake or without cake. Everybody likes it. Everybody eats it. Like the manna that came from heaven, it is sweet, nourishing, and palatable. Yes, it is good and tastes good. A healthy boy or girl, a spoon and a large dish of delicious ice cream make a splendid combination. The frozen cream disappears rapidly, but as it goes it nourishes, and gives rosy cheeks, bright eyes, health, strength, and happiness. It is a real food for all classes and conditions of people. Sick or well, rich or poor, old or young, we all enjoy ice cream.

The Use of Butter

 **E**VERYBODY likes butter. Butter makes us strong and keeps us well. The use of butter is so common that we sometimes forget how good it is. Like the little girl in the poem, "When it's good, it's very, very good"—and it should always be good. We use butter every day in a dozen different ways. Butter is especially valuable for children. It supplies the very necessary food element, fat, in its most palatable and easily digested form. The standard childhood lunch, bread and butter, is a perfect meal, a producer of rosy cheeks and sturdy limbs. Butter is an excellent food for everybody. We like it on mashed potatoes, corn bread, and griddle cakes. Butter is such a valuable food that it should always be used wisely, never extravagantly. It adds flavor to every dish. Healthful and appetizing, it appeals to the palate and brings to the user a full measure of satisfaction and content.

Strawberries and Cream

ONLY TO MENTION strawberries and cream calls up a vision of one of the most inviting of all dairy dishes. Strawberries smothered in cream! How pleasing to the eye! How delightful to the taste! How satisfying to the appetite! Highly nutritious, perfect in flavor, what food can excel fresh strawberries and sweet cream?



Cottage Cheese

DO YOU REMEMBER the cottage cheese that mother used to make? Why, it fairly melted in your mouth. It was always made of the very best quality of clabbered milk. A little heat quickly ripened the curd. Then the whey was carefully drained away. The curd was seasoned with a little salt, cream was added, and the cheese was ready for the table. How we liked it! How we ate it! Don't you wish you had some now? Never cry over sour milk. Just make it into cottage cheese.

American Cheese



MERICAN CHEESE, or "store cheese," is good for mice and men. Made in America, it is called American cheese. Beautiful in its rich, golden color, it is delicious, digestible, and comparatively inexpensive. Rich in protein and butterfat, it builds and renews our muscles and keeps our bodies warm and full of life and energy. Pound for pound, it far excels any kind of meat in true food value. Ninety-five per cent of its protein is digestible, and fully ninety per cent of its energy is available. American cheese can be used in dozens of different ways, and when properly made it is always good and tastes good. Who doesn't like crackers and cheese, macaroni and cheese, cheese omelets, and cheese sandwiches? The cow has given us many delicious dairy products, and not the least is wholesome, nutritious American cheese.



VALUE OF MILK

Milk is a nourishing food, not merely a beverage. It is rich in body-building substances; it also supplies energy which enables the body to work. The building materials are protein and minerals, such as lime and phosphorus.

PROTEIN	ENERGY
1 quart of milk is equal to—	1 quart of milk is equal to—
7 ounces of sirloin steak	11.3 ounces of sirloin steak
6 ounces of round steak	14.9 ounces of round steak
4.3 eggs or	9 eggs or
8.6 ounces of fowl	14.5 ounces of fowl

MILK IS CHEAP FOOD

At no price at which milk is ordinarily sold is it nearly as expensive as other animal foods of recognized value.

FOR SUPPLYING PROTEIN—		
Milk at—	Is as cheap as sirloin steak at—	Or eggs at
9 cents a quart	20.6 cents a pound	25.1 cents a dozen
10 cents a quart	22.9 cents a pound	27.9 cents a dozen
12 cents a quart	27.4 cents a pound	33.5 cents a dozen
14 cents a quart	31.06 cents a pound	39.06 cents a dozen
15 cents a quart	34.3 cents a pound	41.9 cents a dozen
18 cents a quart	41.22 cents a pound	50.22 cents a dozen

MILK A COMPLETE FOOD

While foods can not be compared wholly on the basis of their nutritive elements, milk is the one food devised by nature for the growth and development of the young. A quart of milk a day is a good allowance for a growing child.

MILK A READY FOOD

Milk is readily digested and needs no cooking or other preparation for the table. At the same time few other foods lend themselves so readily to cookery or are capable of entering into the preparation of so great a number of dishes.

USE MILK

